

upadesha panchakam (sAdhanA panchakam)

Adi shankarAchArya

vedo nityamadhlyatAm taduditam karma svanuShThlyatAm
teneshasya vidhlyatAm apachitih kAmye matistyaajyatAm |
pApoughah paridhUyatAm bhavasukhe doSho anusandhlyatAm
AtmecChA vyavasItyAm nijagRuhAttUrNam vinirgamyatAm || 1 ||

sangah satsu vidhlyatAm bhagavatAm bhaktirdRuDhA AdhlyatAm
shAntyAdih parichlyatAm dRuDhataram karmasu santyaajyatAm |
sadvidvAnupasRujyatA pratidina tatpAduke sevyatAm
brahmaikAkSharam arthyatAm shrutishirovAkyam samakarNayatAm || 2 ||

vAkyArthashcha vichAryatAm shrutishirah pakShah samAshrlyatAm
dustarkAtsuviramyatAm shrutimatastako&nusandhlyatAm |
brahmAsmIti vibhAvyatAm aharahargarvah parityajyatAm
dehe ahammatirujjhyatAm budhajanairvAdah parityajyatAm || 3 ||

kShudvyAdishcha chikitsyatAm pratidinam bhikShouShadham bhujiyatAm
svAdvanna na tu yAchyatAm vidhivishAt prAptena santuShyatAm |
shItoShNAdi viShahyatAm na tu vRuthA vAkyam samuccharyatAm
oudAsInyamabhIpsyatAm janakRupAnaiShThuryamRutsRujyatAm || 4 ||

ekAnte sukhamAsyatAm paratare chetah samAdhlyatAm
pUrNAtmA susamlkShyatAm jagadidam tadbhasitam dRushyatAm |
prAkkarma pravilapyatAm chitibalAnnApyuttaraih shIIShyatAm
prArabdham tviha bhujiyatAm atha parabrahmAtmanA sthlyatAm || 5 ||